LUNCH RUSH
OUTPOST CAFÉ'S VEGGIE CHILI HITS THE SPOT {page 15}

I DON'T NOT GOING TO PUT A RING ON IT

SCENE {page 11}

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KRISTEN THOMPSON/METRO

▶ RCMP Chief Supt. Janice Armstrong speaks to reporters at Burnaby city hall yesterday, as Supt. Dan Malo looks on.

Gangsters charged in innocent man's death

Seven of the accused are also charged with the attempted murder of Jonathan Barber's teenage girlfriend, Vicky King, who was following behind in her car and got caught in the shooting ◗ King was hit in the arm and left with a permanent disability

Charges have been laid against seven UN gangsters and their associates in the murder of an innocent man killed in a hail of bullets intended for another gang member, RCMP announced yesterday.

They're charged with killing 24-year-old Jonathan Barber, a car stereo installer who was shot to death on Kingsway in 2008 while unwittingly driving a gangster's car to the shop.

Six of the accused — including former UN gang leader Barzan Tilli-Choli — have been in prison since 2009, when they were arrested on drug, gun and conspiracy-to-commit-murder charges.

A seventh man, Cory (Frankie) Vallee, faces the same charges and is wanted on a Canada-wide warrant.

Vallee and another outstanding suspect, 33-year-old Conor D'Monte, are also charged with the murder of Kevin LeClair, a member of the rival Red Scorpions gang who was killed in a daylight shooting in the parking lot of a Langley shopping centre in 2009.

RCMP Supt. Dan Malo said the announcement was the culmination of a long and complex investigation that involved 200 officers from several different police detachments.

"We never gave up," he said.

Chief Supt. Janice Armstrong said the murders "shocked" the community.

"I recall walking around the crime scene (where LeClair was killed) looking at the bullet holes and shaking my head in disbelief, wondering how these gangsters thought they could get away with it," she said.

"And they didn't." ● KRISTEN THOMPSON

n hits airport

At least 35 killed in busy Moscow terminal {page 6}

Canucks cruise against Stars

Vancouver takes home game in 7-1 romp {page 21}

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Are inflation-related problems coming sooner than expected? Allan Small has more at metronews.ca/investing

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Mementoes tell tale of tragic century-old expedition to South Pole. Scan code for story.

MATT KIELTYKA/METRO

▶ The Vancouver Whitecaps, and those players hoping to make the MLS team, take to the pitch at Empire Field for the first time yesterday.

Whitecaps kick off training

Thirty-one players took to the field for the first time during a rain-soaked training session at Empire ◐ Coach wants more signings up front to create attack-minded team ◐ Training squad includes No. 1 draft pick Omar Salgado, ineligible to play until he's 18 in September

MATT KIELTYKA
@METRONEWS.CA

The Major League Soccer era has officially begun.

Vancouver Whitecaps players and hopefuls took to the pitch at Empire Field for the first time yesterday as pre-season training kicked off.

But with just 52 days until their MLS opener, the squad working out at Empire is still very much a work in progress.

The Caps currently have 14 signed players — led by American international defender Jay DeMerit and MLS veteran keeper Joe Cannon.

And though coach Teitur Thordarson thinks his team is strong in the back, significant pieces are still missing in the striking department.

"We're still looking for maybe the main pieces up top," he admitted. "But I am confident that we will find the right pieces and the team will be playing good attacking soccer."

As director of soccer operations Tom Soehn scours the globe for those signings, the rest of the squad is getting to know each other and looking forward to the season ahead.

"There's a lot of young, hungry talent here and a lot of experienced guys that can bring that side of the game into this locker room," DeMerit said. "There's big aspirations for this club, and there's no reason we can't hit the ground running and get a lot of wins in our first season."

Cannon was more restrained.

"When you have two expansion teams come in at the same time, they tend to struggle," he said. "History aside ... we have a lot of momentum with this group and with this city, and we want to carry it through."

In addition to the roster players, 19 others are in the camp hoping to earn a spot on the team.

Thieves prey on Sunday worshippers

While Abbotsford churchgoers were singing the Lord's praises, others were doing the devil's bidding in the parking lot.

According to Abbotsford police, vehicles in two church parking lots were broken into Sunday morning and pillaged for identification, keys and garage openers as the victims were inside for morning service.

In one case, police say the suspects obtained a garage opener, learned the victim's address and broke into their home.

Three vehicles were confirmed broken into and had their tires slashed, presumably to buy more time to ransack the victims' homes.

MATT KIELTYKA

RCMP rescue unconscious 16-year-old

RCMP forced their way into a Sooke house on Thursday to find an unconscious and unresponsive 16-year-old girl who was known to police for "high-risk" behaviour.

Paramedics were then called and the teen was rushed to hospital.

METRO

Cougar kills horse, six other animals in Maple Ridge

RCMP and B.C. Conservation officers are on the hunt for a cougar that has attacked and killed seven farm animals over the past 10 days in Maple Ridge.

The cougar reportedly killed a horse in its most recent attack Sunday at a farm on the 25700 block of 128 Avenue.

RCMP Insp. Derren Lynch said the animal is "very unpredictable and is a genuine cause for concern."

NATALIE KAUR JOHAL

Husband, two others charged in murder

- Arrests made almost four years after woman's death
- Unrelated investigation in Sask. led to break in case

NATALIE JOHAL
VANCOUVER@METRONEWS.CA

Charges have been filed against two men and a woman in relation to the 2007 death of Surrey mother Amanpreet Kaur Bahia.

The 33-year-old victim's husband, Baljinder Singh Bahia, Tanpreet Kaur Athwal and Eduard Viktorovitch Baranec were arrested Friday and appeared in Surrey provincial court yesterday.

They have been remanded in custody until their next court appearance on Feb. 4.

RCMP are not commenting on the suspects' relationship to one another.

"I don't know how to say thank you. Thank you so much. Now my sister's soul can maybe have a little peace."
HARPAL SANDHU, AMANPREET KAUR BAHIA'S COUSIN

Amanpreet Kaur Bahia's body was found in the basement by family members returning from an outing on Feb. 7, 2007, RCMP said.

Two of Bahia's three daughters were home at the time of her brutal murder. According to media reports, Bahia's one-year-old was found in a pool of her mother's blood while her three-year-old was upstairs.

Over the course of their investigation, police identified her husband as a person of interest in her death.

In December, Saskatchewan RCMP investigators uncovered new information that helped move the case forward.

Amanpreet Kaur Bahia's cousin, Harpal Sandhu, thanked police at a press conference yesterday.

Upside. Down

▶ The Device to Root Out Evil when it was installed at Harbour Green Park in Coal Harbour.

DAN FAIRCHILD PHOTOGRAPHY/CONTRIBUTED

Artist behind church sculpture dies

Dennis Oppenheim, who created the upside-down church sculpture for the 2005-2007 Vancouver Biennale, died Saturday in New York City. He was 72. Oppenheim also created the pair of large engagement rings installed near Sunset Beach.

Alberta man dies in avalanche

A 47-year-old Alberta man was killed in an avalanche near Tumbler Ridge in Northeastern B.C on Sunday. Although his friends were able to dig him out and went for help, the man eventually succumbed to his injuries. METRO

ALL NEW EPISODE
RICK MERCER REPORT
This week, it's all things big as Rick goes to Heavy Equipment School in Morrisburg, Ontario.
cbc.ca/mercerreport
Tonight at 8
Followed by InSecurity
CBC

News in brief

B.C. slammed over scandal

DISCIPLINE. B.C. Federation of Labour president Jim Sinclair says the provincial government has to do a better job of enforcing labour standards after a Surrey company was fined for keeping tree planters in slave-like conditions near Golden.

On top of a $3,500 fine, Khaira Enterprises has been ordered to pay $228,000 in back wages to African immigrants who say they were subjected to violence, fed rotten food and forced to sleep in shipping containers. **THE CANADIAN PRESS**

P.G. MLAs join Falcon's cast

LIBERALS. Two Prince George cabinet ministers have announced their support for Kevin Falcon as B.C. Liberal leader, bringing to 15 the number of Liberal caucus members backing Falcon.

Forests Minister Pat Bell says Falcon's experience and track record, as well as his growing momentum, make him the best person to keep the free-enterprise coalition together.

Transportation Minister Shirley Bond says Falcon's recently announced Northern Prosperity Agenda reinforced his commitment to every part of B.C. **THE CANADIAN PRESS**

Facilities get $6M from feds

FUNDING. Two B.C. research facilities are getting a share of federal money to help find new ways to produce medical isotopes following last year's shortage created by problems at the Chalk River nuclear reactor in Ontario.

The TRIUMF facility at the University of B.C. and the B.C. Cancer Agency in Vancouver have been awarded $6 million for a project to come up with a long-term production plan. **THE CANADIAN PRESS**

Province to deliver huge shakeup call

Date marks 311 years since last 9-magnitude quake in B.C. Drill modelled on Great California ShakeOut

KRISTEN THOMPSON
@METRONEWS.CA

OTTO GREULE JR./GETTY IMAGES

▶ The marina district in San Francisco in the wake of the 7.1-magnitude earthquake that rocked the California Bay Area in October 1989.

As many as 370,000 British Columbians are expected to drop to the floor and crouch under their desks tomorrow morning for a provincewide earthquake drill — the largest in Canadian history.

ShakeOut B.C. already has 700 schools participating in the drill, and the organization is hoping businesses will join in as well.

Heather Lyle, co-chair of the ShakeOut B.C. organizing committee, said a 60-second clip will be broadcast on TV and the radio at 10 a.m., reminding people the drill has begun.

She said that if people haven't actually practised and established safe places to hide in their office or school, they may be caught off guard if an earthquake does hit.

"This is the chance to think about it," she said. "It's simple, straightforward and takes less than two minutes of your time, and it's something that can save your life down the road.

"After the drill, talk about it further. Do you have supplies to sustain yourself for 72 hours? What's your emergency plan?"

Mayor Gregor Robertson said he'd like to see all Vancouverites participate.

"The threat of a major earthquake in the province is real, and it's important that Vancouver residents and businesses be prepared for any emergency," he said.

Ready to rumble?

In Canada, the coast of British Columbia is the region most at risk for a major earthquake.

- Keeping an emergency kit, knowing where to turn off utilities after an earthquake and identifying out-of-area contacts can go a long way to being ready.
- To register as a participant, visit shakeoutbc.ca.

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ROAD SAFETY

Lawmakers to walkers: Lend me one ear

Lawmakers in at least two U.S. states are looking to pull the plug on texting pedestrians and iPod-obsessed runners, claiming their diverted attention borders on disaster.

Lawmakers in Arkansas and New York have proposed restrictions on using cellphones and music players such as iPods by people running and walking on the street or sidewalk.

The proposal in Arkansas would ban pedestrians from wearing headphones in both ears while on, parallel to or adjacent to a street, road, intersection or highway. The measure also applies to runners and cyclists and would allow pedestrians to wear headphones in one ear.

THE ASSOCIATED PRESS

Suicide bomber hits Moscow airport

IVAN SEKRETAREV/THE ASSOCIATED PRESS

▶ Artyom Zhilenkov, a 35-year-old driver, speaks after the blast at Domodedovo airport in Moscow yesterday. "The guy standing next to me was torn to pieces," he said. Zhilenkov was splattered by other victims' flesh and blood.

Suspected terrorist's head was recovered, says local news agency

Terrorists struck again in the heart of Russia, with a suicide bomber blowing himself up in Moscow's busiest airport and turning its international arrivals terminal into a smoky, blood-spattered hall of dismembered bodies, screaming survivors and abandoned suitcases. At least 35 people were killed.

No one claimed responsibility for the blast at Domodedovo Airport yesterday that also wounded 180 people, although Islamic militants in the southern Russian region of Chechnya have been blamed for previous attacks in Moscow.

Yesterday's attack was most likely carried out by a suicide bomber and "attempts were being made to identify him," investigative committee spokesman Vladimir Markin said.

"Terrorists simply do not give up when one avenue is closed, and that's why I say, we make one mistake and a terrorist might be successful."

VIC TOEWS, PUBLIC SAFETY MINISTER

Foreign Affairs Minister Lawrence Cannon issued a strong denouncement of the attack and added that he was not aware of any Canadians killed or injured in the blast.

"We condemn these cowardly acts of terrorism," Cannon said in the statement.

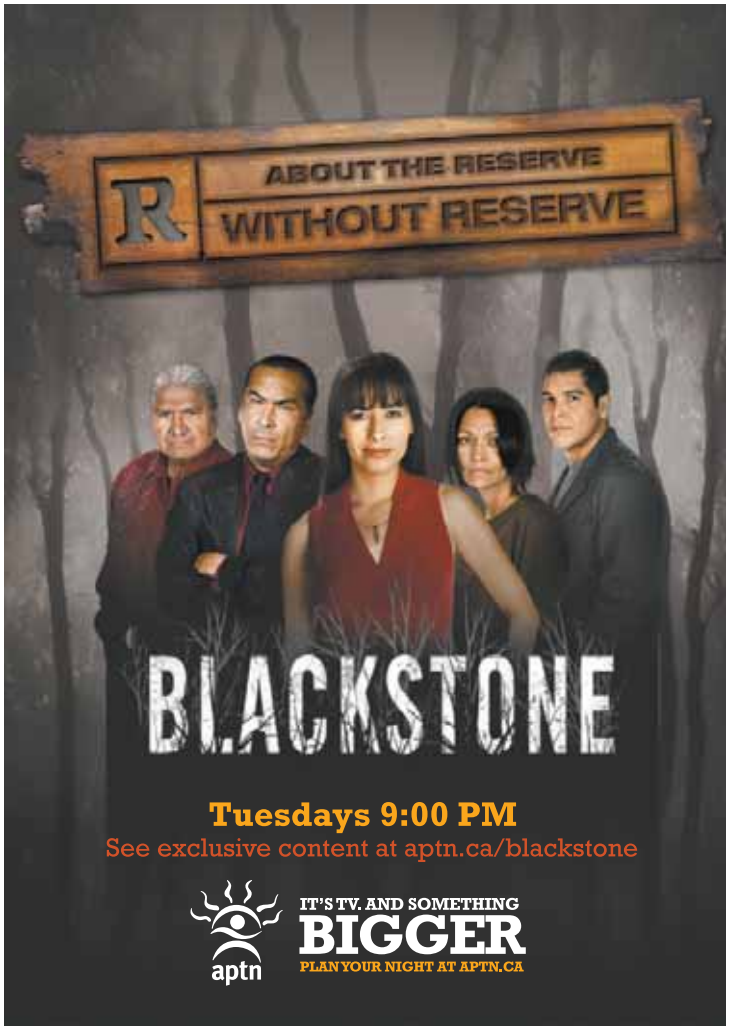
THE ASSOCIATED PRESS

Woman 'sorry' for kidnapping

A North Carolina woman who raised a child snatched from a New York hospital more than two decades ago has admitted kidnapping the baby after her own attempts to have children failed, saying in a statement she was "truly sorry," the FBI said in court papers yesterday.

Ann Pettway confessed to taking the baby in 1987 from Harlem Hospital during an interview Sunday after she surrendered to the FBI and Bridgeport, Conn., police, a criminal complaint prepared by FBI agent Maria Johnson said.

Pettway surrendered just days after a reunion between the child she raised — now 23-year-old Carlina White — and her biological mother. THE ASSOCIATED PRESS



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Trial begins for father accused of honour killing

Falel Almaleki moved from Iraq to Phoenix His daughter refused to enter an arranged marriage at age 17

There is no doubt that an Iraqi immigrant ran over and killed his 20-year-old daughter and injured her boyfriend's mother in a suburban Phoenix parking lot in October 2009, a prosecutor and defence attorney agreed yesterday.

But whether it was an intentional act that equals first-degree murder or an accident caused by an angry father's split-second decision will be the subject of much debate as jurors hear evidence in the coming weeks.

Prosecutor Laura Reckart told them that Falel Almaleki was increasingly incensed at his daughter's failure to obey him. She told jurors in her opening statement in his murder trial that he believed she had dishoured the family by becoming too Westernized. When he saw her by chance while visiting a state Department of Economic security office in Peoria on Oct. 20, 2009, his rage overflowed.

PEORIA POLICE DEPARTMENT FILE

▶ Falel Almaleki

Almaleki left the office, got in his Jeep and waited for his daughter to emerge, Reckart said. Then, he "raced that car right out of the parking spot in a premeditated act and ran them over."

Not so, what happened was an accident, defence attorney Elizabeth Mullins told the 16 jurors.

THE ASSOCIATED PRESS

Tunisia. Strike

▶ A schoolgirl wipes a tear from her face outside her school in Tunis yesterday.

HASSENE DRIDI/THE ASSOCIATED PRESS

Teachers unite against former president

Teachers across Tunisia have gone on strike to demand members of the former party of the ousted president stay out of power, on the day when schools were set to reopen after weeks of closure amid unrest and street protests. Authorities also clashed with anti-government protesters outside the prime minister's office yesterday, and the police have demanded the right to form a union as the country struggles to stabilize itself after its president was overthrown.

Kelowna cops under investigation

A Mountie in Kelowna facing possible charges after a man was kicked in the face isn't the only officer in the detachment facing allegations of using excessive force.

Const. Steve Holmes says 22 complaints of excessive force were made against Kelowna officers last year.

He says 12 were found to have no merit while four were considered legitimate and have been investigated further, resulting in an officer being charged with assault.

Earlier this month, Const. Geoff Mantler was suspended after a man was kicked in the face during an arrest that was caught on video by a witness.

THE CANADIAN PRESS

U.S. firm could face large fines

A federal decision on whether the Sikorsky, the U.S-based manufacturer of Canada's new fleet of navy helicopters, will pay millions of dollars in fines for late delivery will be made next month.

THE CANADIAN PRESS

DEALING WITH HIGH-MAINTENANCE MEN

She says ...

JESSICA NAPIER

In all my years as a shopper, and trust me there have been a lot of them, I have always wondered why women insist on dragging their husbands and boyfriends to the mall.

I feel such pity for the obviously bored significant others who try not to fall asleep as they wait patiently outside the fitting room.

However, on a recent mall outing my pity turned into true empathy as I found myself parked in a leather armchair for more than an hour watching my boyfriend try on suits. As he obsessed over sleeve length and stitching I thought to myself, hang on a minute — wasn't it my job to be the best dressed person in this relationship?

Blame it on GQ or the Mad Men phenomenon, but it seems that a growing number of young men are suiting up in the name of style.

These Don Draper wannabes aren't just dressing the part; fitness fanatics are crowding gyms in search of washboard abs and male-only spas are popping up to wax, buff and pamper an evolving breed of guys who actually care (a lot) about grooming.

And, sure, it's nice to have a mate who takes care of himself, but when he accuses you of stealing his moisturizer and his suits encroach on your closet space, you start to wonder if maybe he's getting a bit too neurotic.

"... when he accuses you of stealing his moisturizer and his suits encroach on your closet space, you start to wonder if maybe he's getting a bit too neurotic."

So how do you know if you've partnered up with a high-maintenance man?

He orders salad instead of frites with his steak and never misses a workout. He has a close shave, white teeth and perfectly manicured nails. His shoes are definitely more expensive than yours and I won't even get into his below the belt "manscaping."

But do women really want these dapper gents with their perfectly coiffed hair and wrinkle-free suits or would they prefer a mate who's more easy going and, dare I say it, a bit more manly? Watching a body conscious prima donna spend hours in front of the mirror whining about his BMI can be a serious turnoff.

Men always claim they love a girl in "jeans and a T-shirt" and guess what fellas, so do we.

So why not forgo the three-piece in favour of some denim, grow out that ruggedly handsome facial hair and remember how good it feels to say yes to the question, "Do you want fries with that?"

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

The law rings both ways

Letters & Tweets

Re: For whom the bike bell tolls, Jan. 24

VANCOUVER. The policemen's action was intimidating, but not unreasonable. They were investigating something and someone was watching them. They didn't know if this person was associated with the camper. They also didn't know if this person had any weapons on him. So they did their job as police officers to check this person's identity.

We have our rights, but we also need to co-operate with the police to make the city a safer place for all. **SHERRY CHEN**

Rules of the road

KRISTEN THOMPSON/METRO

VANCOUVER. I would like to know why David Eby believes he is above the law. Most people who choose to use a bicycle to get around the Lower Mainland know they are required by law to have a red rear reflector, a white front light and a bell to warn pedestrians and other cyclists of their presence. If David is worried about "law-abiding citizens" he may want to acquaint himself with the rules of the road and actually be "law abiding" himself. **HERB BOLLHORST**

VANCOUVER. I guess if bicycle riders wanted to be treated equal — they got their wish. Next time Mr. Eby should invest in a bell. **MARCELLO SODA**

What was the best concert you saw in 2010?

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Metro Minute with UBC theatre

In the mood for some comedy? Check out Dead Man's Cell Phone, presented by the University of B.C.'s theatre program. The play, written by Pulitzer Prize finalist Sarah Ruhl, follows reluctant heroine Jean, whose life takes a weird beat after she answers the ringing cellphone of a corpse at a café. The call leads to a date with the dead man's brother, drinking with his wife and a meeting with his mistress. Dead Man's Cell Phone, directed by Chris McGregor, runs daily at 7:30 p.m. until Saturday at the Telus Studio Theatre at UBC's Chan Centre for the Performing Arts (6265 Crescent Rd.). Tickets are $22. Visit theatre.ubc.ca for more. **METRO**

COURTESY OF TIM MATHESON

▶ Tich Wilson and David Kaye star in Dead Man's Cell Phone.

RioCan, Tanger to expand mall empire

American-style outlet centres unique in Canada, RioCan CEO says U.S. chains seek growth here

The country's largest retail landlord is teaming with an American firm on a $1-billion plan to develop 10 to 15 outlet shopping centres across Canada.

The joint venture would be owned 50-50 by Toronto-based RioCan Real Estate Investment Trust and Tanger Factory Outlet Centers Inc. of Greensboro, N.C. The properties would be branded as Tanger Outlet Centers.

"In response to the increasing demand by U.S. tenants to expand into Canada, RioCan is pleased to partner with Tanger to develop Canada's first portfolio of U.S.-style outlet centres," RioCan CEO Edward Sonshine said.

33
The number of outlet malls Tanger runs in 22 U.S. states, drawing 150-million shoppers each year.

RioCan has ownership interest in 296 retail properties, including 10 under development. It also has a 14 per cent equity interest in Cedar Shopping Centers, Inc., which operates in the northeastern United States.

The closest Tanger Outlet to the Canadian border is about an hour's drive from Windsor, Ont., in Howell, Mich.

"Tanger's top retail partners are looking for growth in the Canadian market and it is our intent to provide them with the outlet shopping centre sites to meet their needs," said Steven Tanger, the president and CEO of Tanger.

RioCan — Canada's largest landlord to Zellers stores — said this month it hopes to land several Target stores as tenants when the American discount retailer comes to Canada over the next few years.

THE CANADIAN PRESS

Real estate. New apps

▶ Student developer Tony Brown displays his apps, Newsy and NearBuy, last Tuesday in Columbia, Mo.

PATRICK T. FALLON/THE ASSOCIATED PRESS

Doing his homework

The NearBuy application lets house seekers browse real estate listings in their area. Tony Brown created the app in 2008 as part of a contest with three other students at the University of Missouri. He won a trip to Apple headquarters and jobs offer from Google and other high-tech giants.

$100M payout for Google CEO

Eric Schmidt will collect $100 million US in equity from Google Inc. when he steps aside as CEO, the company said yesterday. The stock and stock options will be granted on Feb. 2 and will vest over four years. Schmidt, 55, who is reported to be worth $5.45 billion US, will be replaced by Google co-founder Larry Page, 37, but will stay on as executive chairman.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar
+ 89.01 (13,347.58)	+ 0.08¢ (100.54¢ US)

Oil	Natural gas
— $1.24 US ($87.87 US)	1,000 cu ft $4.650 (+ 7.4¢)

Gold contracts $1,344.50 (+ $3.50)

Toyota tops, but GM gains in China

Toyota sold 8.42-million vehicles globally in 2010, remaining the world's top automaker for the third year straight, the company reported yesterday.

General Motors also released a new tally yesterday for its global 2010 sales, at 8.39 million vehicles, a dramatic 12 per cent rebound from 7.48 million vehicles the year before.

The race between the two giants appears to be getting close, with the chance GM could once again rise to the top.

"General Motors is going strong, and it's a sure sign of its re-emergence," said Yasuaki Iwamoto, auto analyst with Okasan Securities Co. in Tokyo.

GM also said yesterday that it sold 2.35-million vehicles in China, about 136,000 more than it sold in the U.S., with China sales surging 29 per cent.

Toyota, on the other hand, grew slower in China than GM, partly because it lacks the U.S. automaker's extensive model lineup such as large-size sedans, Iwamoto said.

THE ASSOCIATED PRESS

CN, union hammer out labour deal

CN Rail and the Canadian Auto Workers reached a tentative labour agreement yesterday just hours before nearly 4,000 unionized workers were prepared to strike.

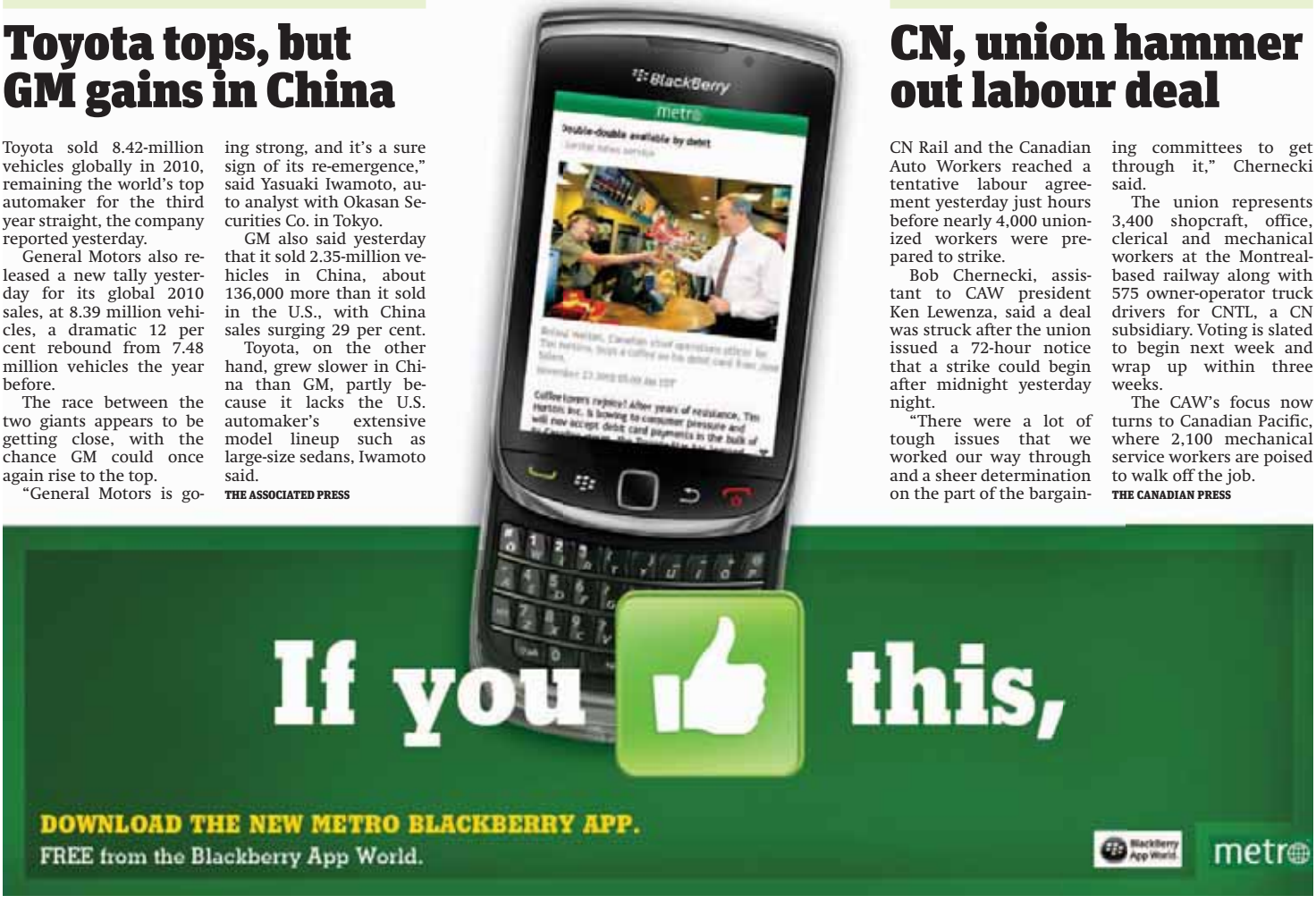
Bob Chernecki, assistant to CAW president Ken Lewenza, said a deal was struck after the union issued a 72-hour notice that a strike could begin after midnight yesterday night.

"There were a lot of tough issues that we worked our way through and a sheer determination on the part of the bargaining committees to get through it," Chernecki said.

The union represents 3,400 shopcraft, office, clerical and mechanical workers at the Montreal-based railway along with 575 owner-operator truck drivers for CNTL, a CN subsidiary. Voting is slated to begin next week and wrap up within three weeks.

The CAW's focus now turns to Canadian Pacific, where 2,100 mechanical service workers are poised to walk off the job.

THE CANADIAN PRESS



2 scene

Scene in brief

Oprah Winfrey says she's learned she has a half-sister she never knew about.

Winfrey announced on The Oprah Winfrey Show that aired yesterday that a Milwaukee woman named Patricia discovered that the two were half-sisters.

The woman says she had been searching for years for the identity of the mother who gave her up for adoption in 1963. She says she learned in 2007 that Winfrey was her half-sister. On her program, Winfrey says she learned about Patricia last November.

Winfrey says she was nine years old and living with her father when her mother had the daughter and gave her up for adoption. She says she never even knew her mother was pregnant.

THE ASSOCIATED PRESS

Real upheaval in television talk world with Oprah, Larry and now Regis exiting

What Hollywood has to offer in 2011

There are plenty of options out there for filmgoers Superhero movies aren't going away anytime soon Tinsel town also shows its love of sequels, animated films, 3-D and aliens

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

With 2010 behind us, and the Oscars and the Razzies getting ready to sort out the best and the worst from last year, it's time to look ahead at what we're excited about for 2011. So what's on tap? For one thing you can expect more comic book adaptations, with Marvel putting two more parts of its eventual Avengers movie out into the world. But more than anything else, 2011 looks to be filled with the ghosts of franchises past, with a dizzying number of sequels ready for release.

For the fanboys

While superheroes will be out in force with Thor (May 6), X-Men: First Class (June 3), The Green Lantern (June 17) and Captain America: The First Avenger (July 22), the most exciting comics-to-screen jump is Cowboys and Aliens (July 29), starring Harrison Ford and Daniel Craig as, well, cowboys. Fighting aliens. What's not to love? And speaking of aliens, the Comic-Con crowd gets to cheer itself on in Paul (March 18), in which Shaun of the Dead stars Simon Pegg and Nick Frost come across an extra terrestrial (voiced by Seth Rogen) on their way to the annual San Diego geekfest.

For the fangirls

After 300 and The Watchmen, director Zack Snyder is letting the girls in on the action with Sucker Punch (March 25), about a group of young women (Vanessa Hudgens, Jenna Malone, Abbie Cornish) in a mental hospital who escape to a fantasy world filled with guns, explosions and mind-bending effects.

For fans of the familiar

▶ The guys from The Hangover are back for another adventure.

The sheer number of sequels coming out in the next 12 months is dizzying: Scream 4 (April 15), Pirates of the Caribbean: On Stranger Tides (May 20), The Hangover 2 (May 26), Kung Fu Panda 2 (May 27), Cars 2 (June 24), Transformers: Dark of the Moon (July 1), Spy Kids 4: All the Time in the World (August 19), Final Destination 5 (August 26), Piranha 3-DD (September 16), Paranormal Activity 3 (October 21), Happy Feet 2 (November 18), Mission Impossible: Ghost Protocol, another Sherlock Holmes movie (December 16) and A Very Harold & Kumar Christmas (December 23). Of course, the most attention will be on the finale that is Harry Potter and The Deathly Hallows — Part 2 (July 15) and the beginning of the end of the Twilight series, The Twilight Saga: Breaking Dawn — Part 1 (November 18).

▶ The Smurfs come to the big screen in August.

For the kids

The new year has some high-quality kids entertainment on tap, including some titles that might make parents nostalgic: Neil Patrick Harris leads an all-star cast in bringing The Smurfs (August 3) into the real world, and Steven Spielberg brings one of Europe's great animated characters to the big screen with The Adventures Of Tintin: The Secret Of The Unicorn (December 28). And Martin Scorsese breaks new ground with Hugo Cabret (December 9), about a 12-year-old Parisian orphan in the 1930s.

For the grown-ups...

There's plenty to entertain adults as well, as David Fincher follows up The Social Network with an English-language edition of The Girl With the Dragon Tattoo (December 21). Matt Damon and Emily Blunt go on the run in the thriller The Adjustment Bureau (March 4), based on a short story by Phillip K. Dick. And Damon shows up again in Stephen Soderbergh's Contagion (October 21), about a team of doctors dealing with the outbreak of a devastating disease. And for folks looking for a laugh, James Franco and Danny McBride head back to medieval times to rescue a princess in Your Highness (April 8). (Note, all release dates are subject to change.)

▶ The Adjustment Bureau stars Matt Damon and Emily Blunt.

▶ Thor leads the charge of superhero movies in 2011.

Twilight: Eclipse rakes in the Razzie nominations

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Nominations for the 31st annual Razzie Awards, celebrating the worst in film for 2010, were announced yesterday, just ahead of the highly anticipated Academy Award nominations. Eclipse, the third film in the hugely popular Twilight franchise, tied with M. Night Shyamalan's The Last Airbender for the most nominations, with each film up for nine dubious honours, including worst picture. Also up for worst picture is The Bounty Hunter, Sex and the City 2 and the Twilight parody Vampire's Suck.

The Eclipse crew also racked up nominations for all three of its stars, with Kristen Stewart getting a nod for worst actress while Robert Pattinson and Taylor Lautner go head-to-head for worst actor. Stewart's competition includes Jennifer Aniston for The Bounty Hunter, Miley Cyrus for The Last Song, Megan Fox for Jonah Hex and all four stars of Sex and the City 2, who share a single nomination. Jack Black (Gulliver's Travel), Gerard Butler (The Bounty Hunter) and Ashton Kutcher (nominated for both Killers and Valentine's Day) are also up for worst actor.

As is tradition, the Razzies will be handed out in Hollywood the night before the Oscars, this year on Feb. 26.

Robert Pattinson and Kristen Stewart are both up for Razzies.

Marriage a no go for Clooney

Actor tells CNN's Piers Morgan that his failed first marriage is cause for his decision Clooney's current girlfriend surprised by comment: Source

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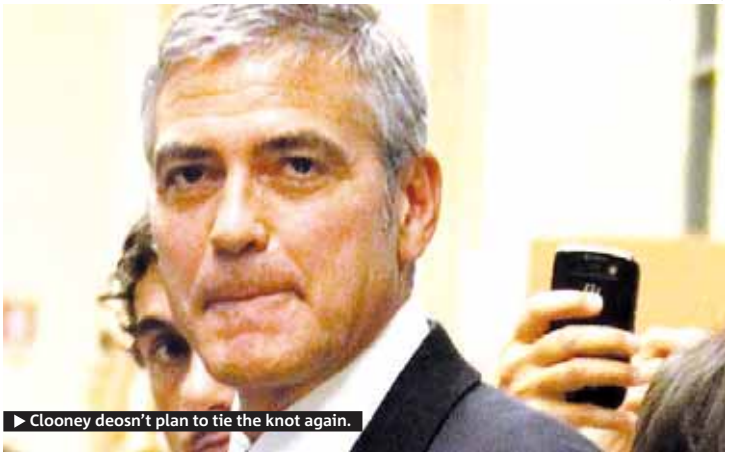

Clooney deosn't plan to tie the knot again.

George Clooney announced that he won't be getting married again during an interview with Piers Morgan on CNN.

"I've proven how good I was at it," Clooney said, refering to his previous marriage to Talia Balsam from 1989 to 1993. But it turns out this was news to Clooney's girlfriend, Elisabetta Canalis, according to Popeater.

"Elisabetta had no idea he was going to say that," a source says. "She thought she was going to be the girl who would finally get George to settle down and put a ring on it. She was totally surprised." METRO

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Jewel and Ty Murray are having a boy.

It's a boy for Jewel and Ty

Jewel and Ty Murray are expecting their first child, and they just found out it will be a boy, according to People magazine.

"We would have been happy either way, of course, but we are so excited to be having a little boy," the 36-year-old singer says.

Murray added, "I have to admit, I was doing a little dance on our way out of the doctor's office when we found out."

Jewel married Murray, a world champion rodeo cowboy, on Aug. 7, 2008 after being together for 10 years. METRO

Carter checks himself into a rehab centre

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Aaron Carter

Pop singer Aaron Carter has checked himself into rehab "to heal some emotional and spiritual issues he was dealing with," his manager says in a statement, according to People magazine.

"He has chosen to enter a facility where he feels he will get the guidance and cleansing he needs, which in turn will help him on the music journey he's about to take," his manager said While the specifics of the statement end there, E! News previously reported that Carter entered a souther California rehab facility to address "addiction issues." METRO

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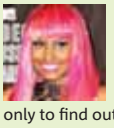

Nicki Minaj [@NICKIMINAJ] Long day of press only to find out we've officially been kicked out the hotel!

Conan O'Brien [@Conan OBrien] I still think the Patriots can win it all this year. Never underestimate Belichick!

Tom Hanks [@tom hanks] In the [illegible] personal jewelry will be replaced by gem-studded tags that say "Hello! My name is...". Life will be simpler!

Rosario Dawson [@rosario-dawson] Def needed more than 3 1/2 hrs of sleep. METRO

3 life

The Resolution Revolution

You promised yourself 'a New Year and a new you.' We asked celebrity trainer Matt Roberts for the top tips to get you started.

BY ROMINA MCGUINNESS

FLICKR CC JESSICAMULLEN

1
Eat Small Meals at Regular Intervals
Rather than eating three large meals, try to eat five to seven smaller meals and snacks throughout the day. This will help you regulate your hunger and provide a steady flow of energy.

FLICKR CC SWEETONVEG

2
Low Fat Is Not Always The Way to Go
Many foods marketed as being low fat are often full of processed sugars. Fat in itself is vital for a number of metabolic processes. Focus on natural, nutritious foods as well as healthy fats from fish and avocado.

GETTY IMAGES

3
Bodyweight Exercise Can Get Results
Squats, lunges and press ups from the knees are all great exercises for getting in shape. They are a great starting point for the inexperienced exerciser or if you are just getting back into a routine.

FLICKR CC ADACTO

4
Eat More Vegetables
Often people do not eat enough fruit and vegetables. Both provide a good base level of carbs as well as supporting your body with a large amount of vitamins and minerals. Try a wide variety of vegetables and fruits in your diet each day.

5
Try as Many Forms of Exercise as Possible
Training in one way generally will not get the best results. Combining different types of exercise such as Pilates, running and weight training can help maximize your efforts.

FLICKR CC OSCOM

6
Match Intentions With Action
How many people start a diet that is finished within four weeks? Refocusing your goals and achieving your ideal physique is something that most people want to do but very rarely put the effort in to achieving. Make the change by matching your intentions with the right actions. If this means starting an exercise routine or cleaning up your diet then get focussed set your goals, make a plan and do it so you achieve the results that you talk about.

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7
Drink Water or Green Tea
Fruit juice and fizzy drinks are laden with calories that will promote fat storage. While they will provide you with a short term burst of energy, in the long term they will leave you feeling tired. Keeping hydrated by consuming enough water—it helps prevent hunger pangs and burns fat more efficiently, while consuming green tea has an added advantage of enhancing your metabolism making you burn more fat at rest.

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8
Don't Just Rely on Doing Cardio
After a period of adaptation the body becomes more efficient at using energy. For the beginner this is what you may consider as improvements in your fitnes. Most exercisers looking to reduce their waist line make their biggest mistake at this point. Improvements in cardiovascular efficiency mean that the energy is comparatively reduced. Add in at least two resistance training sessions a week to your routine to remain challenged.

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9
Target the Process, Not the Result
Set your goals on factors that you can control. People often become fixed on a number such as "lose 10 pounds" or "fit in to a size 8 dress." While it's good to have a long term goal, you need to have short-term, achievable targets as well, to maintain your motivation. Take charge of your goals by focusing on processes, good habits, exercise and things that you can achieve (like performance of a certain exercise).

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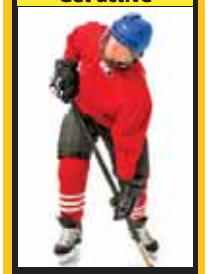
10
Function Follows Form
We often see new exercisers running inefficiently or performing weight training in bad form. We always emphasise good form in all training — if you can't hold good form then you could be doing yourself more damage. Get advice from a qualified professional — in the long run it will be worthwhile.

Get active



Canada's physical activity guidelines are getting a makeover. The revised guidelines released yesterday by the Canadian Society for Exercise Physiology recommend children and youth aged five to 17 get at least 60 minutes of moderate to vigorous intensity physical activity daily. This should include both vigorous-intensity activities and muscle and bone-strengthening activities at least three days a week.

THE CANADIAN PRESS

Health Canada issues recalls for jogging stollers, kids' pyjamas, snow bikes

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Women Against Violence Against Women Rape Crisis Centre (WAVAW) is seeking a **Victim Service Worker** who is committed to a Feminist Anti-Oppression approach. Aboriginal women and women of colour who also speak additional languages representative of the population of Vancouver are encouraged to apply. This is a term-certain position with 31 hours per week.
Closing date: Jan.31, 2011.
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Every time I feel the need to discuss grip I talk to Pierre Savoy, chief instructor of the BMW Canada Winter Driving School.
You'll need that ice scraper sooner than you think
You see some sexy things around Halloween, but none more so than unprepared vehicle.
Hybrid cars: Looking for a few more buyers
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A precise treatment

New technique helping patients deal with prostate cancer effects

CELIA MILNE
WELLNESS@METRONEWS.CA

Treatment for prostate cancer will soon be more precise.

Scientists around the world are trying to figure out ways to get rid of the cancer without damaging bladder, bowel and sexual function.

Men usually survive prostate cancer (about 95 per cent are still alive after five years), but many suffer side effects because surgery and radiation can affect surrounding delicate tissue.

The prostate is a walnut-sized gland located just above a man's rectum. It creates fluid that carries sperm during ejaculation.

One new Canadian study is using frequent, high-tech digital imaging to follow changes that can happen day-to-day inside a man's body. These tiny changes can alter very slightly the radiation target.

"We are treating the tissue that surrounds the prostate, which can move and stretch, so our target may be slightly different in position or shape on the next day or the day after that," says Dr. Tim Craig, a medical physicist at Princess Margaret Hospital in Toronto.

Prostate

Do you know your body like the back of your hand?

Cancer risks revealed: Have a look at the index finger on your right hand. Is it longer than your ring ringer? If it is, you have a lower risk of prostate cancer than your buddies who have a longer ring finger. Researchers in the U.K. studied the hands of 1,524 men with prostate cancer and 3,044 men without prostate cancer. They found men with a longer ring finger were more likely to develop prostate cancer. Finger length could help in selecting men for screening.

The new technique is called adaptive radiation therapy (ART). Craig and colleagues recently won a CASARIA award and funding from the Canadian Radiation Oncology Foundation and sanofi-aventis, which allows them to start enrolling patients later this year.

"Very simple and natural changes in patient anatomy can occasionally complicate treatment," says Craig.

"For example, reduced bladder filling might allow the very sensitive small intestine to slip into the high radiation dose region. Without image-guidance, this would not be known, and the small intestine may receive an unsafe dose.

"With ART, we can see this, and use this information to adapt the treatment to ensure a safe dose."

A typical course of radiation treatment for prostate cancer patients after surgery is 33 treatment days over six and a half weeks.

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Are you at risk of prostate cancer?

An estimated 24,600 men in Canada will be diagnosed with prostate cancer this year, which makes it the most common cancer among Canadian men (not including non-melanoma skin cancer).

About 4,300 Canadian men die of prostate cancer each year, according the Canadian Cancer Society. CELIA MILNE

Thoughts on... Attitude

ADVICE When life brings you opportunity through people, the intent should not be 'what's in it for me?' This is precisely why so many people do not get the chance to realize their goals.

The attitude that needs to be cultivated is 'What can I contribute to this person or organization or cause?' When you develop the attitude of contribution you will be rewarded and prospered in ways that you can't possibly imagine now. The attitude of contribution determines your altitude.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

Cosy up with hearty lunches at The Outpost Café

The Veggie Chili lands a spot on our must-have list

ERIN IRELAND

▶ Veggie Chili and butter bun at The Outpost Café.

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

Last week, I had the immense pleasure of judging Zantac's Chili Challenge — a Canada-wide competition to unearth our great country's most delicious spicy stew.

Of course, the hearty event only had me craving more of the down home dish for days to come.

At the sight of Vegan Veggie Chili ($5.95) on the menu of Fraser street's new 'it' spot — The Outpost Café — I knew I had to have it.

A freshly made Butter Biscuit ($2.25), whose reputation precedes it, was a requisite as well.

Large, al dente chunks of carrot protruding from the meat-free medley's surface were the focal points.

A healthy mix of red kidney beans, corn, onions, and celery in a completely mild tomato sauce finished the bountiful bowl that was more delicious a few hours later at leftover time. Each hot spoonful was enhanced with a small bite of the faintly sweet butter bun.

My craving: 100 per cent satisfied.

The Outpost Café
3922 Fraser St.
604-563-5008
theoutpostcafe.ca
Rating: 3.5 out of 5
Take-out: Yes
Dine in: Yes
Hours: Mon - Fri (7 a.m. - 5 p.m.), Sat - Sun (9 a.m. - 5 p.m.)

to Robbie Burns

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
ON TWITTER: @THEREALWINEGUY

Even though I studied a bit of poetry in university, I'm ashamed to admit that when it comes to Scottish poets, I can quote more verses written by '80s duo The Proclaimers than good old Robert Burns.

My knowledge of the bard is a bit sketchy. But the one quarter of me that's Scottish is still more than happy to jump on the Robbie Burns Day bandwagon today and raise a glass to him over a meal of haggis and typsy laird (if I can find a place that offers take-out).

Scotland's liquid identity is, of course, scotch whisky: A polarizing brown spirit that I'm betting many of you who have only had a taste equate to drinking paint thinner.

As hefty as its mouthfeel can come across (especially in its single malt version), scotch is really a very sophisticated serving of booze.

If you're looking for a novice-friendly dram, try the Singleton of Glendullan ($41.99 - $48.99). It's a 12-year-old single malt from Dufftown in the region of Speyside. It serves up a floral aroma of honey, banana, orange and soft grain and a mellow, well-round honeyed sweetness that ends in a long mocha finish. Sláinte Robbie.

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3388 Douglas Street
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A LITTLE HELP FROM A FRIEND

Names:
Jason, 26 & Stephanie, 25
Current city:
Eastern Passage, N.S.
Together since:
2003

Their story:

It was 2003 and I (Stephanie) just arrived home for the holidays from my first semester at university. My best friend, Jill, called me to come out with her to a party.

She introduced me to some of her new college friends, including a guy named Jason.

I was immediately attracted to him, but I was told he had a crush on Jill.

But when she informed me that she was not interested, I made my move and initiated conversation with him. A week later, we had our first date: Chinese food and a movie.

A month later, we were an official couple. Six years later, we bought our first home. On Christmas morning of 2009, Jason proposed to me.

A year later, in November 2010, we were married!

I am very thankful to my best friend for helping me find my soulmate.

▶ Jason & Stephanie

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ADDICTED TO ITUNES

My husband is an iTunes junkie. The bills are ridiculous. Help!

Angela says ...
OMG, are you married to Derek too?

Derek says...
Compared with an album junkie who cruises record stores every weekend and brings home armloads of purchases, maybe his tab isn't so bad. I'm no financial whiz, but some expenses should remain private.

Your husband can open his own iTunes account that doesn't use a joint credit card and pay those bills on time. Who knows?

He might surprise you with the occasional new music mix, the latest hot game for your iPhone, or a cool app that maps the stars and planets in the night sky.

"GET SMART FOR A NEW ERA." – Canadian Press
"Peter McNeil hasn't met a mirror that didn't adore him."
– The Boss Peter McNeil
"Bad guy down. Check. Manicure intact. Check."
– Team Leader Alex Cranston
"I've always wanted to be an agent like Jo-Jo Kwan."
– Agent Jo-Jo Kwan
"And this scar? Self-inflicted."
– Agent Benjamin N'udu
"I hate stakeouts. There's never any steak."
– Agent Claude LeSage
"Did someone say steak?"
– Agent Burt Wilson
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Living on the hedge

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

On Wednesday, Jan. 12, the Canadian dollar hit a two and a half year high of 1.0154 against the greenback. Most experts, including Finance Minister Jim Flaherty, predict that the loonie will stay around par for the foreseeable future, and many expect it to rise further.

A strong loonie means happy days for travellers and shoppers.

Statistics Canada reports travel by Canadians to the United States climbed 3.2 per cent in November, while overnight car trips were up by 6.2 per cent, to 1.1 million.

However, if the Canadian dollar continues to climb, investors in the stock market will see the paper value of their U.S. dollar investments slide once converted to Canadian currency.

ISTOCK

▶ Some argue that a stay-at-home investment option lacks diversification. However after the past few years on the stock market, home is looking pretty good.

But a bit of good, old-fashioned hedging can go some way to ameliorating the situation.

One of the easiest options is to purchase U.S. investments through exchanged traded funds (ETFs), which employ their own hedging strategy to neutralize the currency factor.

So, no matter what happens to the dollar, the investment is not affected. The unit price will go up and down with the stock market but currency moves alone won't alter the value.

Another option is to stay home and invest only in Canadian stocks, bonds or mutual funds. The sticks and stones of currency traders won't break any investment bones.

The final option is to plunge in and buy U.S. investments in U.S. dollars, betting that the loonie won't last long at such lofty heights.

Most economists agree that the fair value of the dollar is around .85 cent, so it seems a reasonable assumption that it will eventually fall back to that level.

If you choose the latter, then be prepared for your bottom line to decline if the loonie heads north.

Money matters

- Loonie low: - 62 cents in 2002
- Loonie high – $1.09 in 2007

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

THE CARD'S A KILLER

Besides owing money to a loan shark, credit card debt is the worst. Credit cards are a convenient way to pay for things whether you can afford them or not.

The truth is, if you don't carry a balance, and if you charge an item to your card, you've got 30 days to pay it off without paying interest on the purchase. If, however, you can't pay off the balance, your credit card company will charge interest, typically 17 to 22 per cent, on your purchase.

Remarkably, many store credit cards charge even higher interest rates — some in the range of 28 or 29 per cent. If you charge a purchase on your credit card while carrying an existing balance, there is a 21-day grace period before you'll be charged interest.

Because of high credit limits and the temptation to spend, a balance can accumulate quickly. This is difficult to pay off for four reasons: first, high interest rates; second, credit card companies set minimum payments between two and six per cent of the outstanding balance (or $10, whichever is highest), which barely covers the interest charges on the card; third, interest is calculated daily, not monthly; and forth, as you pay off your credit card balance, your minimum payment declines because it's set at a percentage of the balance.

Deal with credit card debt by: having only one card, reducing the credit limit, and paying a little extra each month and in higher frequency.

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Planning for happiness

▶ Come up with a plan of attack for your finances and you might just improve your emotional well being, too.

Money may not buy happiness, but a sound financial plan can give you a more optimistic outlook on life

Can money buy you happiness? Probably not. But a financial plan just may be the ticket — and you don't have to be rich to have one.

The Financial Planning Standards Council, the not-for-profit organization that awards certified financial planner certification and is committed to seeing Canadians improve their lives by engaging in financial planning, conducted a study that explored Canadians' financial planning activities and their levels of emotional and financial well being.

"Financial planning involves a variety of financial strategies, but is ultimately about meeting your life goals through properly managing your finances during the good and tough times in life," says Cary List, president and CEO of FPSC. NEWS CANADA

Learn more

Visit fpsc.ca to learn more about how to:

- **Find** a financial planner professional in your area.
- **Learn** more about how financial planning can help you meet your life goals.

Optimism factor

Those who have comprehensive financial plans report being more optimistic about factors related to their emotional and financial well being.

- **77 per cent of people** with financial plans said they felt their goals are achievable, compared with only 50 per cent who do no planning.
- **62 per cent** with plans said they feel content with how their life is going, compared with 37 per cent.
- **61 per cent** with plans said they have peace of mind, compared with 36 per cent.
- **64 per cent** said they are prepared to manage through tough economic times, compared with 33 per cent. NEWS CANADA

NEWS CANADA

▶ Hunt down an advisor that fits your needs.

How to find the right advisor

Research. Review your investing history, assets, goals and risk tolerance. This research will better prepare you for interviews with prospective advisors.

Referrals. Ask friends, family and colleagues for their insight. How and why did they choose their advisor?

Interviews. Take the time to interview several candidates. Find out about their education, experience, accreditation and business practices.

References. Ask to speak with current clients. Do they understand their portfolio and its performance? Can they reach their advisor easily?

Compensation. In general, advisors are paid for advice through commissions, fees or a combination of these methods. NEWS CANADA

5 BUDGET TIPS

Start with your monthly after-tax income.

- Write down how much money you take home each month (which is what you earn less taxes and deductions). This is the starting point for your budget.

Create a list of what you need to pay for every month.

- Figure how much your necessary expenses (such as food, rent and utilities) cost you each month. Be honest with yourself about what is a necessary expense. For example, you don't need satellite TV, but if you want it, you can prioritize it once you've figured out what you truly can't live without.

Determine how much to save.

- You should also be saving some of that disposable income each month. Many experts suggest putting away 10 per cent of your gross (pre-tax) income. If you are not disciplined enough to set aside money, arrange with your bank for an automatic transfer every month to a savings account or TFSA.

Decide what you want to do with the remaining money.

- "This is the area of your budget where you get to have fun. Think about what items, activities and other expenses you truly enjoy and want to prioritize," says Carrie Russell, senior vice-president of TD Canada Trust.

Track your spending and stick to your budget.

- Once you know how much money you can spend, don't spend more. This is the most important step and can be the most difficult. In particular, watch out for impulse purchases, which tend to be less about needs and more about wants, according to Russell.

NEWS CANADA

Jan 25/11

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Need a flexible, tax-free savings solution? Try a TFSA.

By **Jamie Golombek**
Managing Director,
Tax and Estate Planning,
CIBC

Few things in life are as certain as taxes, but since January 2009 Canadians have had access to a valuable exception: the Tax-Free Savings Account (TFSA). A versatile, tax-efficient and flexible savings solution, TFSAs are a great complement to almost any individual's overall financial plan.

The most compelling feature of the TFSA is its flexibility. Canadians can contribute up to $5,000 annually and are free from many of the withdrawal and tax restrictions that apply to other registered savings plans, making the TFSA an excellent choice for any number of savings goals.

While plan contributions are not tax-deductible as with Registered Retirement Savings Plans (RRSPs), for any reason, without tax repercussions. In addition, the amount of the withdrawn funds can be re-contributed at any time in future years. TFSAs are a great low-cost choice if you're saving for a major purchase or need an emergency fund, and withdrawals won't impact income-based government programs such as Old Age Security or Guaranteed Income Supplement.

TFSA earnings grow tax-free and account holders can withdraw funds at any time

TFSAs are also quick and easy to open. And they're useful to hold in addition to other registered plans, such as RRSPs or Registered Education Saving Plans (RESPs), especially if you've already exceeded your annual contribution limit or the lifetime maximum.

Additionally, there's an added incentive to those who have yet to open a TFSA account to do so now. You now have the opportunity to contribute up to $10,000 for 2010 as your carry-forward amount builds each year.

To take advantage of this tax-saving opportunity, talk to an advisor about how a TFSA could help you reach your financial goals, whether you're looking to save for today's needs or your dream retirement. An advisor can also help you select the options that best align to your personal financial needs from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

So if you want to make sure your savings plan is built to enhance your financial well-being, do yourself a favour and consider building it with the flexibility of a TFSA.

SWITCH and learn how EASY saving can be.

With a **CIBC Tax-Free Savings Account**, maximize your savings and keep more for yourself. To help achieve your financial goals sooner, a CIBC advisor will work with you to choose the right TFSA that works best for you – from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

It's worth a talk.

Speak to a CIBC advisor about the advantages of switching to CIBC. Visit any branch, go to cibc.com/switchsavingmadeeasier or call 1 866 712-0999.

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PHOTO COURTESY OF OSCOM @ FLICKR

▶ Don't let your finances crash down around you like a house of cards.

Disaster-proof your finances

Household debt has reached an all-time high Economic slowdown was a wake-up call Here are a few tips to prepare for the unexpected

The recession may be over but many Canadian families are still struggling to regain financial stability. The average household debt reached an all-time high of $96,100 in 2009, according to The Vanier Institute of the Family.

"The economic slowdown in 2008 and 2009 was a wake-up call for many families who realized they were unprepared for financial upheaval," said Liz Lunney, senior vice-president of the Fiduciary Trust Company of Canada. "The good news is that a few simple steps can help families prepare themselves for the unexpected."

Here are four tips to disaster-proof your finances.

• Create a realistic family budget with your partner. Ensure you account for all family activities and include a reasonable amount for entertainment. Review your budget regularly to ensure you stay on track.

• Have a safety net. Prepare for the unexpected and contribute to a "rainy day" account that will cover your budget should you face an unplanned drop in income. A good target is six months income.

• Get your advisor involved in your family finances and meet with them regularly. A trusted professional can help you build the right financial plan.

• Plan for the future. Ensure that your financial plan addresses short- and long-term goals.

Make your children's education and your own retirement top priorities. Open an RRSP for you, and an RESP for each of your children.

NEWS CANADA

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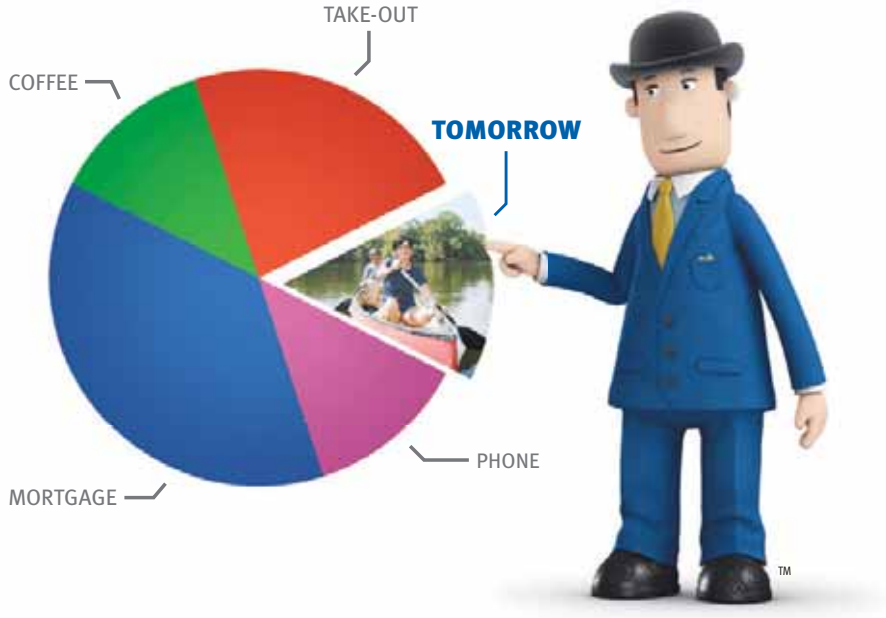

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How financially fit will you be in 2011?

Getting a handle on your personal finances may be a priority in 2011, so where do you start? A good first step is turning to a financial advisor who can help you to create a plan.

"Like physical fitness, the key to staying financially fit is to work with a good coach who will not only motivate you, but provide you with a customized plan that makes sense for you," says Carol Bezaire, vice-president of tax and estate planning at Mackenzie Investments.

"Financial advisors have the knowledge to provide customized advice that includes the right product choices and investment strategies for each individual." Bezaire lists several ways in which financial advisors can help your financial fitness.

Develop a savings plan

A financial advisor can help navigate through a wide array of financial products to arrive at appropriate, tax-efficient solutions that are the best fit with your personal lifestyle.

Promote good savings and investment behaviours

Studies show that investors who use advisors have higher savings and make higher contributions. In fact, 80 per cent of Canadians who work with an advisor feel good about their financial health at retirement.

Provide an impartial, informed view

By looking at the investor's overall circumstances, as well as his or her risk tolerance and future financial needs, advisors can help build wealth through an appropriate asset mix.

And, while the advisor obviously cares about your investment performance, he or she may also have enough distance to avoid common investor mistakes. In other words, they may help take the emotions out of investing and help you stick to a strategy.

"While most Canadians are aware of the benefits of financial fitness, some may need that extra push to get out there and get going," adds Bezaire. "We encourage them to take the first step by seeking professional financial advice."

NEWS CANADA

PHOTO COURTESY OF JEFF KEEN @ FLICKR

Federer eases into Aussie semis

Defending champion Roger Federer advanced to the Australian Open semifinals with a 6-1, 6-3, 6-3 win over Stanislas Wawrinka today in a mismatch that had the intensity of a practice session.

Federer, aiming to become the first man to win five Australian titles, was playing in his record-tying 27th consecutive Grand Slam quarter-final.

No. 19 Wawrinka was playing at this stage for only the second time at a major and struggled against Federer in the first all-Swiss quarter-final at a Grand Slam. He had only beaten Federer once in their seven previous matches.

"I had to fight extremely hard and I thought Stan played an amazing tournament."
ROGER FEDERER

Wawrinka had only one look at a break chance against the 16-time Grand Slam winner. Federer cashed in on five of his seven chances.

"I obviously played Stan many times in practice and in matches ... maybe a bit of a battle for him to get used to the conditions," Federer said.

Wawrinka was on a nine-match winning streak. He had just beaten Andy Roddick in the fourth round.

THE ASSOCIATED PRESS

▶ Stanislas Wawrinka during his match with Roger Federer.

Canucks make short work of Stars

DARRYL DYCK/THE CANADIAN PRESS
▶ Ryan Kesler scored his career-high 27th goal against the Dallas Stars last night.

- Goalie Lehtonen has another horrific night against Canucks
- Was pulled on Dec. 31 in 4-1 loss

CANUCKS	STARS
7	1

Ryan Kesler and Christian Ehrhoff scored quick power-play goals last night as the Vancouver Canucks ended a four-game losing streak by hammering the Dallas Stars 7-1.

The goals came one minute 21 seconds apart early in the first period against unfortunate netminder Kari Lehtonen and gave the Canucks a 3-1 lead in the game between the NHL division leaders.

Henrik Sedin, who also had a pair of assists to run his league-leading total to 50, joined Alex Burrows, Mikael Samuelsson, Mason Raymond and Dan Hamhuis among Vancouver's other scorers.

Samuelsson and Raymond ended lengthy goal droughts and Vancouver scored three on the power play as the Stars gave up seven goals for the second straight game.

Brad Richards replied for the Stars, who had lost only seven of 33 games since Nov. 16.

The Canucks improved to 30-10-9 to tie idle Philadelphia for the overall NHL lead as they handed the Stars their fourth straight loss in Vancouver.

The Northwest Division leaders also moved five points ahead of Detroit and six ahead of Pacific Division-leading Dallas in the Western Conference.

Kesler's goal was his career-high 27th goal and fourth in eight games.

THE CANADIAN PRESS

4 sports

Quoted

"My mind was ready to fight for every point, but the legs weren't following as much, and neither was the arm."
CANADIAN MILOS RAONIC ON THE END OF HIS SURPRISING RUN AT THE AUSTRALIAN OPEN. THE BIG-SERVING QUALIFIER FROM THORNHILL, ONT., DROPPED A 4-6, 6-2, 6-3, 6-4 DECISION TO NO. 7 SEED DAVID FERRER IN FOURTH-ROUND PLAY YESTERDAY.

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	49	32	12	2	3	169	128	69	15-7-0-2	17-5-2-1	8-2-0-0	W1
d-Tampa Bay	50	30	15	3	2	152	154	65	15-4-1-1	15-11-2-1	6-4-0-0	W4
d-Boston	49	27	15	2	5	150	111	61	12-9-1-2	15-6-1-3	6-3-1-0	L1
Pittsburgh	49	30	15	2	2	153	114	64	16-9-1-0	14-6-1-2	5-4-0-1	W1
Washington	50	27	14	5	4	140	128	63	16-5-2-4	11-9-3-0	4-2-3-1	L1
NY Rangers	51	29	19	2	1	145	122	61	12-10-1-1	17-9-1-0	6-4-0-0	W2
Montreal	49	27	17	4	1	128	118	59	16-6-3-1	11-11-1-0	6-1-2-1	L1
Atlanta	51	23	19	3	6	151	166	55	11-9-1-4	12-10-2-2	3-4-1-2	L3
Carolina	49	24	19	2	4	149	153	54	13-8-1-1	11-11-1-3	6-4-0-0	W1
Buffalo	48	22	21	5	0	134	142	49	11-12-1-0	11-9-4-0	6-3-1-0	W1
Florida	47	21	21	2	3	126	126	47	11-8-2-3	10-13-0-0	3-4-1-2	L4
Toronto	48	19	24	2	3	124	151	43	10-11-2-2	9-13-0-1	5-4-0-1	L2
Ottawa	49	17	25	4	3	106	157	41	9-14-1-2	8-11-3-1	1-7-0-2	L5
NY Islanders	47	15	25	3	4	117	157	37	8-11-1-3	7-14-2-1	3-6-0-1	L1
New Jersey	48	16	29	2	1	100	143	35	9-13-1-1	7-16-0-1	6-3-1-0	W4

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	49	30	10	4	5	163	120	69	16-3-1-4	14-7-3-1	4-2-1-3	W1
d-Detroit	48	29	13	4	2	163	142	64	14-6-3-1	15-7-1-1	5-4-0-1	L1
d-Dallas	49	29	15	1	4	144	136	63	15-6-1-3	14-9-0-1	7-2-0-1	L2
Nashville	49	27	16	4	2	133	117	60	11-4-3-2	16-12-1-0	7-3-0-0	L1
Anaheim	51	27	20	2	2	137	144	58	17-7-0-1	10-13-2-1	7-3-0-0	W1
Phoenix	49	24	16	6	3	141	139	57	10-8-3-2	14-8-3-1	6-3-0-1	L1
Chicago	49	26	19	2	2	155	135	56	16-12-0-0	10-7-2-2	6-3-0-1	L1
Colorado	49	25	18	6	0	159	160	56	14-10-3-0	11-8-3-0	5-4-1-0	W1
San Jose	49	25	19	4	1	137	135	55	12-10-2-1	13-9-2-0	4-6-0-0	W4
Minnesota	48	24	19	1	4	126	132	53	11-11-0-2	13-8-1-2	6-4-0-0	L1
Los Angeles	49	26	22	1	0	140	122	53	16-9-1-0	10-13-0-0	4-6-0-0	W2
Calgary	50	23	21	2	4	140	151	52	13-9-0-1	10-12-2-2	5-2-1-2	W3
Columbus	48	23	20	3	2	128	149	51	12-10-0-1	11-10-3-1	3-5-1-1	W2
St. Louis	48	22	19	3	4	129	142	51	15-8-1-2	7-11-2-2	2-6-1-1	L3
Edmonton	47	14	25	1	7	117	162	36	7-13-1-3	7-12-1-3	2-7-0-1	L5

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Calgary 3 Nashville 1
Vancouver 7 Dallas 1
Carolina 6 Toronto 4
Colorado 4 St. Louis 3
Los Angeles 2 Boston 0
N.Y. Rangers 2 Washington 1 (SO)
Sunday's results
Nashville 3 Edmonton 2 (SO)
Buffalo 5 N.Y. Islanders 3
New Jersey 5 Florida 2
Philadelphia 4 Chicago 1
Tampa Bay 7 Atlanta 1
Tonight's games
All times Eastern
Florida at N.Y. Rangers, 7 p.m.
Montreal at Philadelphia, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Anaheim at Columbus, 7 p.m.
Buffalo at Ottawa, 7:30 p.m.
Toronto at Tampa Bay, 7:30 p.m.
Minnesota at Chicago, 8:30 p.m.
Edmonton at Phoenix, 9 p.m.

HURRICANES 6, MAPLE LEAFS 4

First Period
1. Carolina, Corvo 7 (Pitkanen, Ruutu) 12:16 (pp)
2. Toronto, Kaberle 2 (Kessel, Crabb) 19:51
Penalties — Kaberle Tor (tripping) 5:39, Gunnarsson Tor (high-sticking) 11:21, MacArthur Tor, LaRose Car (fighting) 12:19, Gleason Car (roughing) 16:51, Grabovski Tor, Kulemin Tor (roughing), Pitkanen Car (holding), Gleason Car (fighting, game misconduct) 20:00.
Second Period
3. Carolina, McBain 3 (Jokinen) 11:16
Penalties — Kaberle Tor (hooking) 2:58, White Car (hooking) 5:22, Skinner Car (holding) 15:25, Cole Car (interference) 16:00, Armstrong Tor (hooking) 19:16.
Third Period
4. Carolina, Bra.Sutter 9 (White, Boychuk) 1:49
5. Toronto, Brent 5 (Schenn, Beauchemin) 3:18
6. Toronto, Brent 6 (Phaneuf, Brown) 4:29 (sh)
7. Carolina, Bra.Sutter 10 (Jokinen) 8:55
8. Carolina, Skinner 18 (Corvo, E.Staal) 11:02 (pp)
9. Toronto, Brown 2 (Brent, Gunnarsson) 14:15 (pp)
10. Carolina, Cole 13, 19:13 (en)
Penalties — Crabb Tor (hooking) 3:42, Sjostrom Tor (goaltender interference) 9:53, Harrison Car (slashing) 12:21, Sjostrom Tor (holding) 14:41, Beauchemin Tor (tripping) 16:26.
Shots

Toronto	6	14	10—30
Carolina	5	15	8—28

Goal — Toronto: Giguere (L,9-9-3); Carolina: Ward (W,21-15-5). **Power plays (goals-chances)** — Toronto: 1-7; Carolina: 2-7.
Referees — Gord Dwyer, Dan O'Rourke. **Linesmen** — Bryan Pancich, Anthony Sericolo.
Att. — 16,201 (18,680) at Raleigh.

FLAMES 3, PREDATORS 1

First Period
1. Calgary, Glencross 12 (Stajan, Hagman) 10:14.
Penalties — Suter Nash (slashing) 2:33, Halischuk Nash (hooking) 7:49, Giordano Cal (hooking) 11:57, Glencross Cal (slashing) 17:44.
Second Period
2. Nashville, Legwand 7 (Wilson, Ward) 10:32
3. Calgary, Iginla 21 (Stajan, Tanguay) 13:01 (pp)
Penalties — Legwand Nash (hooking) 5:03, Sarich Cal (cross-checking) 10:50, Ward Nash (high-sticking) 12:44, Nashville bench (too many men; served by Hornqvist) 14:20, Bouwmeester Cal (hooking) 18:44.
Third Period
4. Calgary, Morrison 8 (Tanguay, Giordano) 14:08 (pp)
Penalties — Sarich Cal (tripping) 7:55, Smithson Nash (hooking) 13:31.
Shots

Nashville	6	7	11—24
Calgary	8	14	5—27

Goal — Nashville: Rinne (L,17-12-4); Calgary: Kiprusoff (W,19-18-2). **Power plays (goals-chances)** — Nashville: 0-5; Calgary: 2-6.
Referees — Francis Charron, Brad Watson.
Linesmen — Mike Cvik, Don Henderson.
Att. — 19,289 (19,289) at Calgary.

CANUCKS 7, STARS 1

First Period
1. Vancouver, Burrows 10 (D.Sedin, Ballard) 1:18
2. Dallas, Richards 20 (Neal) 7:19
3. Vancouver, Kesler 27 (Edler, H.Sedin) 9:05 (pp)
4. Vancouver, Ehrhoff 8 (H.Sedin, D.Sedin) 10:26 (pp)
Penalties — Benn Dal (high-sticking) 8:17, Burish Dal, Bieksa Vcr (unsportsmanlike conduct) 9:13, Fistric Dal (tripping) 9:41, Daley Dal (hooking) 17:20.
Second Period
5. Vancouver, Samuelsson 9 (Kesler, Raymond) 3:59
6. Vancouver, H.Sedin, 11 (Volpatti, Torres) 11:28
Penalties — Tambellini Vcr (interference) 7:11, Burrows Vcr (holding stick) 13:27, Morrow Dal (charging) 14:43, Bieksa Vcr (interference) 15:27, Morrow Vcr (goaltender interference) 17:28, Hamhuis Vcr (tripping) 19:56.
Third Period
7. Vancouver, Raymond 9 (Edler, Samuelsson) 11:05
8. Vancouver, Hamhuis 4 (Tambellini, Tanev) 13:12 (pp)
Penalties — Ribiero Dal, Hamhuis Vcr (double roughing) 4:59, Burish Dal (roughing, misconduct), Barch Dal, Ballard Vcr (roughing), Burrows Vcr (misconduct) 12:16, Ott Dal (high-sticking) 19:55.
Shots

Dallas	10	7	9	—26
Vancouver	12	12	12	—36

Goal (shots-saves) — Dallas: Lehtonen (L,21-11-5) (33-27), Raycroft (13:12 third)(3-3); Vancouver: Luongo (W,22-8-7). **Power plays (goals-chances)** — Dallas: 0-4; Vancouver: 3-7.
Referees — Tom Kowal, Steve Kozaru. **Linesmen** — Brad Lazarowich, Thor Nelson.
Att. — 18,860 (18,810) at Vancouver.

SCORING LEADERS

	G	A	PT
Stamkos, TB	38	29	67
Crosby, Pgh	32	34	66
D.Sedin, Vcr	27	34	61
St. Louis, TB	20	40	60
H.Sedin, Vcr	10	48	58
B.Richards, Dal	19	37	56
Zetterberg, Det	16	36	52
Perry, Ana	25	26	51
Ovechkin, Wash	19	32	51
Eriksson, Dal	17	32	49
E.Staal, Car	23	25	48
Kopitar, LA	16	32	48
Giroux, Pha	18	28	46
Backstrom, Wash	12	34	46
Kesler, Vcr	26	19	45
Sharp, Chi	25	20	45
Iginla, Cal	20	25	45
M.Richards, Pha	17	28	45
Duchene, Col	19	25	44
J.Thornton, SJ	13	31	44
Ribeiro, Dal	10	34	44
Briere, Pha	25	18	43
J.Carter, Pha	22	21	43
Heatley, SJ	18	25	43
Selanne, Ana	14	29	43
Havlat, Minn	13	30	43
Nash, Clb	22	20	42
M.Koivu, Minn	14	28	42
Lidstrom, Det	11	31	42
P.Stastny, Col	17	24	41
Byfuglien, Atl	16	25	41
Hejduk, Col	15	26	41
Enstrom, Atl	8	33	41
Visnovsky, Ana	8	33	41
Letang, Pgh	7	34	41
Plekanec, Mtl	16	24	40
MacArthur, Tor	15	25	40
Yandle, Phx	7	33	40
Vanek, Buf	18	21	39
Skinner, Car	17	22	39
Bergeron, Bos	16	23	39

Not including last night's games

NFL

CONFERENCE CHAMPIONSHIPS

Yesterday's results
NFC
Green Bay 21 Chicago 14
AFC
Pittsburgh 24 N.Y. Jets 19

PRO BOWL

Sunday, Jan. 30
At Honolulu
AFC vs. NFC, 7 p.m.

SUPER BOWL XLV

Sunday, Feb. 6
At Arlington, Texas
Pittsburgh (AFC) vs. Green Bay (NFC), 6:30 p.m.

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
Tuesday's results
WOMEN
Singles — Quarter-finals
Li Na (9), China, def. Andrea Petkovic (30), Germany, 6-2, 6-4.
MEN
Singles — Quarter-finals
Roger Federer (2), Switzerland, def. Stanislas Wawrinka (19), Switzerland, 6-1, 6-3, 6-3.
Monday's results
MEN
Singles — Fourth Round
Rafael Nadal (1), Spain, def. Marin Cilic (15), Croatia, 6-2, 6-4, 6-3.
Alexandr Dolgopolov, Ukraine, def. Robin Soderling (4), Sweden, 1-6, 6-3, 6-1, 4-6, 6-2.
Andy Murray (5), Britain, def. Jurgen Melzer (11), Austria, 6-3, 6-1, 6-1
David Ferrer (7), Spain, def. **Milos Raonic, Thornhill, Ont.**, 4-6, 6-2, 6-3, 6-4.
WOMEN
Singles — Fourth Round
Vera Zvonareva (2), Russia, def. Iveta Benesova, Czech Republic, 6-4, 6-1.
Kim Clijsters (3), Belgium, def. Ekaterina Makarova, Russia, 7-6 (3), 6-2.
Agnieszka Radwanska (12), Poland, def. Peng Shuai, China, 7-5, 3-6, 7-5.
Petra Kvitova (25), Czech Republic, def. Flavia Pennetta (22), Italy, 3-6, 6-3, 6-3.

LACROSSE

NLL

WEEK FOUR
Friday's games
All times Eastern
Philadelphia at Boston, 7:30 p.m.
Calgary at Edmonton, 9 p.m.
Saturday, Jan. 29
Buffalo at Toronto, 7 p.m.
Colorado at Philadelphia, 7 p.m.
Boston at Rochester, 7:35 p.m.
Washington at Minnesota, 8:30 p.m.
Edmonton at Calgary, 9:30 p.m.

GOLF

PGA TOUR FEDEXCUP LEADERS

(all figures in U.S. dollars)

Rank, Name	Points	Money
1. Jonathan Byrd	534	$1,146,606
2. Jhonattan Vegas	509	$911,880
3. Mark Wilson	508	$1,000,700
4. Bill Haas	330	$622,000
5. Robert Garrigus	300	$635,000
6. Tim Clark	299	$571,000
7. Matt Kuchar	283	$561,125
8. Steve Marino	250	$494,350
9. Gary Woodland	245	$440,000
10. Ryan Palmer	210	$360,200
11. Steve Stricker	195	$429,500
12. Graeme McDowell	190	$412,000
13. Matt Bettencourt	183	$301,500
14. Brian Gay	160	$284,286
15. Kevin Na	153	$247,357
16. Jimmy Walker	135	$264,000
17. Jerry Kelly	127	$223,556
18. Jason Day	123	$219,357
19. Carl Pettersson	123	$286,500
20. Chris Kirk	122	$185,550
21. Justin Rose	116	$226,286
22. Bill Lunde	115	$212,556
23. Anthony Kim	107	$169,786
24. Daniel Summerhays	101	$146,606
25. Arjun Atwal	100	$166,925
26. Boo Weekley	97	$121,256
27. Stuart Appleby	96	$151,286
28. Cameron Beckman	96	$124,357
29. Ian Poulter	95	$201,500
30. Derek Lamely	93	$135,556
31. Brendon de Jonge	93	$97,232
32. Shigeki Maruyama	88	$177,375
32. Roland Thatcher	88	$177,375
34. Keegan Bradley	84	$161,020
35. Chris Couch	83	$150,625
36. Ernie Els	81	$106,800
37. Webb Simpson	78	$96,148
38. Fredrik Jacobson	77	$65,478
39. Chad Campbell	76	$106,852
40. Jim Furyk	75	$162,000
40. Dustin Johnson	75	$162,000
Also		
83. Stephen Ames	**34**	**$24,778**
106. Matt McQuillan	**17**	**$12,705**
124. David Hearn	**1**	**$10,395**

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

DETROIT TIGERS—Traded RHP Armando Galarraga to Arizona for RHP Kevin Eichhorn and LHP Ryan Robowski.
OAKLAND ATHLETICS—Agreed to terms with 3B Andy LaRoche on a minor league contract.

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS—Agreed to terms with RHP Micah Owings on a minor league contract.
COLORADO ROCKIES—Agreed to terms with RHP Jason Hammel on a two-year contract. Acquired RHP Clayton Mortensen from Oakland for RHP Ethan Hollingsworth. Designated RHP Samuel Deduno for assignment.
HOUSTON ASTROS—Agreed to terms with INF Jose Carlos Thompson on a minor league contract.
MILWAUKEE BREWERS—Agreed to terms with RHP Kameron Loe on a one-year contract.
NEW YORK METS—Named Wally Backman manager and Marc Valdes pitching coach for Binghamton (EL).
SAN FRANCISCO GIANTS—Agreed to terms with RHP Jeff Suppan on a minor league contract.
WASHINGTON NATIONALS—Agreed to terms with RHP Todd Coffey on a one-year contract. Designated RHP Shairon Martis for assignment.

BASKETBALL

NBA

DALLAS MAVERICKS—Signed G-F Peja Stojakovic off waivers from Toronto. Traded C Alexis Ajinca to Toronto for the rights to F Georgios Printezis.

FOOTBALL

NFL

CHICAGO BEARS—Signed G Johan Asiata, CB K.J. Gerard, OT Levi Horn, LB Chris Johnson, LB Patrick Trahan and FB Eddie Williams to reserve/future contracts.
MINNESOTA VIKINGS—Named James Saxon running backs coach.

CFL

B.C. LIONS—Signed RB Jamal Robertson has signed a contract extension through the 2012 season.

HOCKEY

NHL

NHLPA—Named Colin A. Campbell director of corporate sponsorships. Retained Richard Rodier as a lawyer and economic consultant. Named Robert DeGregory and Maria Dennis associate counsel.
CAROLINA HURRICANES—Recalled F Zach Boychuk from Charlotte (AHL).
NEW JERSEY DEVILS—Assigned LW Alexander Vasyunov to Albany (AHL).
NEW YORK ISLANDERS—Returned F Rhett Rakhshani to Bridgeport (AHL).
OTTAWA SENATORS—Recalled F Bobby Butler from Binghamton (AHL).
PHOENIX COYOTES—Recalled C Andrew Ebbett from San Antonio (AHL). Reassigned F Brett MacLean to San Antonio (AHL).
SAN JOSE SHARKS—Assigned LW John McCarthy to Worcester (AHL).

SOCCER

MLS

COLUMBUS CREW—Signed D Kwaku Nyamekye to a multiyear contract.
RED BULL NEW YORK—Signed MF Jan Gunnar Solli.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	33	10	.767	—
d-Miami	31	13	.705	2½
d-Chicago	31	14	.689	3
Atlanta	29	16	.644	5
Orlando	29	16	.644	5
New York	23	21	.523	10½
Philadelphia	19	25	.432	14½
Charlotte	17	25	.405	15½
Indiana	16	25	.390	16
Milwaukee	16	26	.381	16½
Detroit	17	28	.378	17
Washington	13	30	.302	20
New Jersey	13	32	.289	21
Toronto	13	32	.289	21
Cleveland	8	36	.182	25½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	38	7	.844	—
d-L.A. Lakers	32	13	.711	6
New Orleans	30	16	.652	8½
Dallas	28	15	.651	9
d-Oklahoma City	28	16	.636	9½
Utah	27	17	.614	10½
Denver	25	18	.581	12
Portland	25	21	.543	13½
Memphis	22	23	.489	16
Phoenix	20	23	.465	17
Houston	21	25	.457	17½
Golden State	19	25	.432	18½
L.A. Clippers	17	26	.395	20
Sacramento	10	32	.238	26½
Minnesota	10	34	.227	27½

d — division leader
Last night's results
New Jersey 103 Cleveland 101
Detroit 103 Orlando 96
Philadelphia 105 Phoenix 95
Memphis 100 Toronto 98
New York 115 Washington 106
Chicago 92 Milwaukee 83
Houston 129 Minnesota 125
New Orleans 91 Oklahoma City 89
Sacramento 96, Portland 81
San Antonio 113 Golden State 102
Sunday's result
Denver 121 Indiana 107
Tonight's games
All times Eastern
Denver at Washington, 7 p.m.
Cleveland at Boston, 7:30 p.m.
L.A. Clippers at Dallas, 8:30 p.m.
Charlotte at Sacramento, 10 p.m.
Utah at L.A. Lakers, 10:30 p.m.

SOCCER

ENGLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GA	Pts
Man United	22	12	10	0	48	19	48
Arsenal	23	14	4	5	48	22	46
Man City	24	13	6	5	37	20	45
Chelsea	23	12	5	6	42	19	41
Tottenham	23	10	8	5	32	26	38
Sunderland	24	8	10	6	28	24	37
Blackburn	24	9	4	11	31	37	31
Newcastle	23	8	6	9	36	33	30
Stoke	23	9	3	11	28	28	30
Bolton	24	7	9	8	34	35	30
Liverpool	23	8	5	10	30	31	29
Blackpool	22	8	4	10	32	38	28
Everton	23	5	12	6	27	29	27
Fulham	23	5	11	7	25	25	26
West Brom	23	7	4	12	29	43	25
Aston Villa	23	6	7	10	25	39	25
Birmingham	22	4	11	7	21	31	23
Wigan	23	4	10	9	19	37	22
Wolverhampton	23	6	3	14	24	41	21
West Ham	24	4	9	11	24	43	21

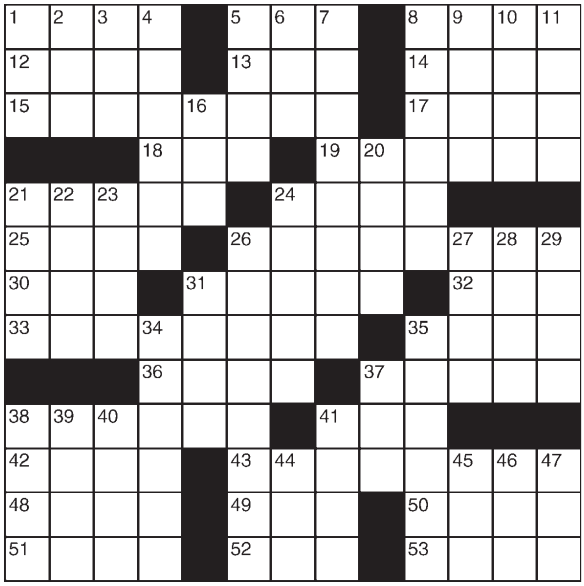
Yesterday's result
Bolton 0 Chelsea 4

SPAIN

LA LIGA

Yesterday's result
Athletic Bilbao 3 Hercules 0

Crossword



Across

1 Ballyhoo
5 Astronaut Grissom
8 On the rocks
12 Wander
13 Suitable
14 Protuberance
15 Something unexpected
17 Forum wear
18 Charged bit
19 "Pop Goes the —"
21 Whiskers
24 Relative standing
25 Capri or Wight
26 Land boundary finder
30 Sheep's call
31 Impaired by age and dampness
32 Past
33 Smith and Jones, e.g.
35 Worry
36 Census statistics
37 Arouses boredom
38 Incite to action
41 Tavern
42 Hawaiian island
43 Encircle
48 Despot
49 Before
50 Become unraveled
51 Jekyll's bad side
52 Potent stick
53 Monetary penalty

Down

1 120 min. = 2 —
2 Thee
3 Standard
4 Ottoman, for one
5 Profit
6 Boom times
7 Managers
8 Amount consumed
9 Dove's calls
10 Advantage
11 Transaction
16 Scepter
20 A deadly sin
21 Drool catchers
22 Birthright barterer
23 Winglike
24 Regulations
26 English county
27 Three feet
28 Curved molding
29 Deteriorates
31 Creche trio
34 Character
35 Way out there
37 It holds the mayo
38 This and that
39 Simple
40 Roe provider
41 Author Harte
44 Coffee vessel
45 Mentalist Geller
46 A Bobbsey twin
47 Hair coloring

▶ Yesterday's answer

B	E	G		F	A	R	M	S		C	O	B
I	R	E		A	R	I	E	L		A	B	A
B	A	L	T	I	M	O	R	E		R	O	B
			O	R	R		G	U	R	N	E	Y
C	A	S	T	L	E		E	T	U	I		
U	R	I		Y	S	L		H	I	V	E	S
S	E	N	D		T	A	M		N	O	N	O
P	A	G	A	N		M	A	V		R	I	M
			A	N	A	G		R	E	C	E	D	E
O	P	P	O	S	E		I	T	O			
M	O	O		C	O	M	M	O	D	O	R	E
E	R	R		A	D	O	B	E		N	E	W
N	E	E		R	E	B	A	S		E	V	E

Sudoku

		3	1		5			
	5					7	9	
2	8				6	4		
5		8	7				4	
				3				
	6				2	1		7
		7	6				8	5
	2	6					7	
			9		7	6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	1	5	3	7	2	8	4	6
7	2	4	6	8	5	3	1	9
3	8	6	1	4	9	5	2	7
4	3	2	7	1	8	9	6	5
8	7	1	5	9	6	4	3	2
6	5	9	2	3	4	1	7	8
1	6	3	9	5	7	2	8	4
5	4	7	8	2	1	6	9	3
2	9	8	4	6	3	7	5	1

Send a KISS

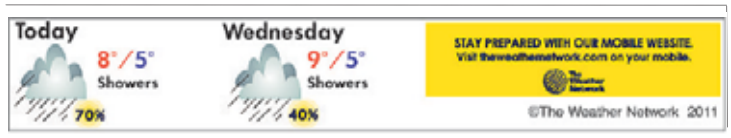
Show some love! Send a note to somebody special at kiss@metronews.ca

Tom, We get some time away together soon. I can't wait for it to be just you and me and no work and all play. Love you Babe **RUTH**

Babe,
Since the day I met you, I have finally felt complete in my life. I love you more than words can say. Thankyou for everything. XOXOXOXOXO **GREG**

Andy, We've been through a lot in 2010...and its made me stronger. I'm falling in love with you all over again. Can't wait to for the move!! **LOVE, OMIE :P**

Lois Lane aka my freaky yellow chick...Lovin the lovin, totes brill time in the hood. You alone caused Superman to forget about saving the world, put down his tights and retire to the beauty rest. **HOLLA...SUPERMAN**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You must have faith in yourself today. Otherwise, you are unlikely to make any headway in your attempts to be accepted into a social group you have admired from afar for so long.

♉ Taurus April 21-May 21 Find some quiet place to sit and listen to what your inner voice has to tell you. What you hear might just transform your existence. Your higher self knows what you need.

♊ Gemini May 22-June 21 Your imaginative powers are at a high at the moment. No matter how outrageous the thoughts that come into your head are, you must take them seriously. Among them is the key to your future prosperity.

♋ Cancer June 22-July 22 If you think of yourself as separate from other people then, inevitably, that is the reality you will create. You need to remind yourself that you are never truly alone.

♌ Leo July 23-Aug.23 You may receive news of an unwelcome nature today. There will also be a silver lining, so look on the bright side and find ways you can work this development in your favor.

♍ Virgo Aug. 24- Sept. 22 Where your work is concerned, today, it will pay you to do less but to a higher standard. Sometimes you get so caught up in what you are doing that quantity seems more important than quality.

♎ Libra Sept. 23-Oct. 23 You could be drifting a bit off course simply because you are moving so fast. Today, check that you are still moving in the right direction and, if not, make changes.

♏ Scorpio Oct. 24-Nov. 22 If there are still any doubts or negative images lurking in the back of your mind, you must cast them out. Don't give them the chance to do harm. A positive attitude is every bit as important as positive aims.

♐ Sagittarius Nov. 23-Dec. 21 If some kind of invisible force stops you in your tracks, you must take it as a sign that you are to proceed no further in that direction. Be smart and take the hint.

♑ Capricorn Dec. 22-Jan. 20 Keep the pressure on those who want to deny you what is rightfully yours. If you give any sign that you are weakening in your resolve, they will redouble their efforts to refuse you.

♒ Aquarius Jan. 21-Feb. 18 Be honest with yourself about what it is you desire and what it is you are prepared to do to possess it. Sacrifices will have to be made, and only you can decide if it is worth it.

♓ Pisces Feb. 19-March 20 It may seem as if you are having to struggle more than other people, but there is no point getting worked up about it. Life is always fair – it's just that we can't always see it.

SALLY BROMPTON

Caption contest

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

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You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

LIONEL CIRONNEAU/ THE ASSOCIATED PRESS

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AIR CANADA VACATIONS

Deals of the week

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CUBA | Varadero
Sol Sirenas Coral Resort
All-Inclusive • Standard rm. • Jan. 28
$699 +Taxes & other fees: $149

CUBA | Varadero
Allegro Varadero
All-Inclusive • Superior rm. • Feb. 4 & 11
$829 +Taxes & other fees: $149

CUBA | Varadero
Sirenis La Salina Varadero Beach Resort
All-Inclusive • Standard rm. • Jan. 28
$839 +Taxes & other fees: $149

GRENADA via Toronto
Grenadian by rex resorts
Standard rm. • Feb. 5 & 12
$1029 +Taxes & other fees: $181

JAMAICA PRIVILEGES
Sunset Jamaica Grande Resort & Spa
All-Inclusive • Traditional standard rm. • Feb. 11 & 18
$1339 +Taxes & other fees: $92

JAMAICA
Gran Bahia Principe Jamaica PRIVILEGES
All-Inclusive • Junior suite • Mar. 4 & 18
$1499 +Taxes & other fees: $92

JAMAICA
Rose Hall Resort & Spa, A Hilton Resort
All-Inclusive • Resort view guest rm. island gold • Feb. 4 & 11
$1779 +Taxes & other fees: $92

MEXICO | Los Cabos
Wyndham Cabo San Lucas Resort
Deluxe rm. city view • Feb. 27
$769 +Taxes & other fees: $250

MEXICO | Ixtapa/Zihuatanejo
Krystal Ixtapa
All-Inclusive • Deluxe rm. • Feb. 19 & 26
$1049 +Taxes & other fees: $248

MEXICO | Cancun/Riviera Maya
Barceló Maya Beach
All-Inclusive • Superior rm. • Mar. 5
$1069 +Taxes & other fees: $240

MEXICO | Cancun/Riviera Maya
Barceló Maya Tropical Beach
All-Inclusive • Deluxe rm. • Mar. 5
$1219 +Taxes & other fees: $240

MEXICO | Puerto Vallarta/Riviera Nayarit
Meliá Puerto Vallarta PRIVILEGES
All-Inclusive • Deluxe garden view rm. • Feb. 26
$1429 +Taxes & other fees: $138

DOMINICAN REPUBLIC | Punta Cana via Calgary
Occidental Grand Punta Cana
All-Inclusive • Junior suite • Feb. 1 - 22
$1099 +Taxes & other fees: $170

DOMINICAN REPUBLIC | Punta Cana via Calgary
Gran Bahia Principe Punta Cana PRIVILEGES
All-Inclusive • Junior suite • Feb. 8 - 22
$1299 +Taxes & other fees: $170

BAHIA PRINCIPE HOTELS & RESORTS

MEXICO | Cancun/Riviera Maya
Gran Bahia Principe Tulum PRIVILEGES
All-Inclusive • Standard rm. • Mar. 5
$1469 +Taxes & other fees: $240

JAMAICA
Gran Bahia Principe Jamaica PRIVILEGES
All-Inclusive • Junior suite • Feb. 4 & 11
$1489 +Taxes & other fees: $92

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$359 +Taxes & other fees: $108

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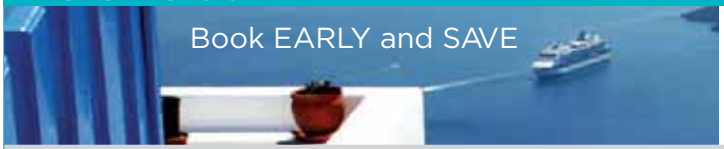
ITALY | Rome via Toronto
Mercure Corso Trieste
Breakfast • Standard rm. • Apr. 5 • 1 wk.
$1339 +Taxes & other fees: $375

EUROPE CRUISE



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